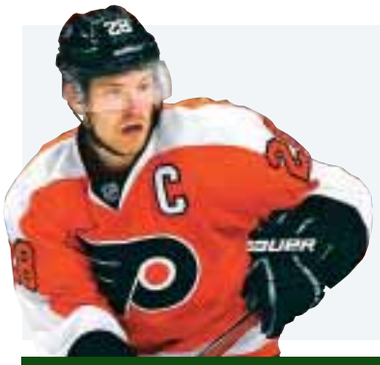

CAPTAIN'S CRUNCH TIME

DESPERATE FOR A WIN, FLYERS CAPTAIN CLAUDE GIROUX LEADS PHILADELPHIA TO VICTORY OVER THE ISLANDERS PAGE 13

REGINA metro®

Tuesday, February 19, 2013

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ALL FUR FAMILY DAY

Tayte Wagner, left, Phoenix Wagner and Ricki Hillier pet Siberian husky Caly at the RCMP Heritage Centre on Monday. Caly spent the day greeting families, eating snow and doing dog-sled demonstrations as part of the centre's Family Day events. See story on page 2. JEFF MACKEY/METRO

'A Canadian tragedy' by the numbers

Hard facts emerge. New research finds at least 3,000 children died in residential school system, with disease the main killer

At least 3,000 children, including four under the age of 10 found huddled together in frozen embrace, are now known to have died during attendance at Canada's Indian residential schools, according to new unpublished research.

While deaths have long been documented as part of the disgraced residential school system, the findings are the result of the first systematic search of government, school and other records.

"These are actual confirmed numbers," Alex Maass, research manager with the Missing Children Project, told The Canadian Press from Vancouver.

"All of them have primary documentation that indicates that there's been a death, when it occurred, what the circumstances were."

The number could rise further as more documents — especially from government archives — come to light.

The largest single killer, by far, was disease.

For decades starting in about 1910, tuberculosis was a consistent killer. The Spanish flu epidemic in 1918-19 also took a devastating toll on students — and in some cases staff. For example, in one grim three-month period, the disease killed 20 children at a residential school in Spanish, Ont., the records show.

While a statistical analysis has yet to be done, the records examined over the past few years also show children also died of malnutrition or accidents. Schools consistently burned down, killing students and staff. Drownings or exposure were another cause.

Some died fleeing their schools, including four boys — two aged eight and two aged nine — in January 1937. A Canadian Press report from Vanderhoof, B.C., describes how the four bodies were found huddled together in slush ice on Fraser Lake.

Acting Aboriginal Affairs Minister James Moore, speaking in Vancouver, called the deaths a "horrific circumstance" of the Indian residential school system.

"The residential school fact of Canada's history is a Canadian tragedy," Moore said.

In all, about 150,000 First Nations children went through the church-run residential school system, which ran from the 1870s until the 1990s. In many cases, native kids were forced to attend under a deliberate federal policy of "civilizing" Aboriginal Peoples.

THE CANADIAN PRESS

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NEWS

Family Day fun brings warmth to chilly situation

Arctic blast. Winter activities such as snowshoeing and riding on dog sleds part of special day at RCMP Heritage Centre

JEFF MACKEY
jeff.mackey@metronews.ca

The RCMP Heritage Centre was determined to make the best out of a chilly situation on Monday when it hosted the second annual Arctic Adventure Family Day event.

Kids and adults alike were treated to winter activities like snowshoeing, snow slides, snow sculptures and dog sleds between 1 p.m. and 5 p.m. at the Heritage Centre.

Inside, families could warm up and look at the exhibits filled with RCMP artifacts and history with a special emphasis on how RCMP officers used to brave the harsh Canadian Arctic.

Robin Ganev, Jeet Heer and their two-year-old daughter Bella Heer took advantage of their day off school and work to check out the museum.

"It is very interesting; there's lots of good material for kids and adult. We enjoyed it a lot," said Ganev. "I find it hard to find places to take our daughter in the city. We are from Toronto, where there is a lot going on and we find it kind of hard to find things around here."

Three-year-old Jackquelynn Wynnychuk gets a kiss from Siberian husky Caly at the RCMP Heritage Centre. JEFF MACKEY/METRO

On the web

For more local news go to metronews.ca

Putting a twist on it

Across the country

Family Day is held on the third Monday of February each year in Canada, but not all provinces observe the holiday, and many of those that do have put their own twist on it.

Only Ontario, British Columbia, Saskatchewan, Alberta, Manitoba and P.E.I celebrate the occasion.

Manitoba, however, celebrates Louis Riel Day instead of Family Day and P.E.I. celebrates Islander Day.

British Columbia celebrates Family Day, but on the second Monday of February instead of the third.

JEFF MACKEY/METRO

Sask. jazz fest releases early 2013 lineup

Herbie Hancock is one of the many musical guests who will be in Saskatoon this summer for the 2013 SaskTel Saskatchewan Jazz Festival. CONTRIBUTED

The SaskTel Saskatchewan Jazz Festival has announced a portion of its 2013 lineup and organizers say it may be one of the strongest lineups yet.

Featuring Herbie Hancock, City and Colour, Dr. John, and Serena Ryder, the 2013 Saskatchewan Jazz Festival will be bringing some big names to Saskatoon during its run from June 21 until July 1.

"I'm really thrilled about the lineup. This is just the first of many announcements we're going to be making with regards to the lineup and I believe it's the strongest we've been able to build from top-to-bottom," said festival manager Kevin Tobin.

Tobin explained the fact such large acts will be featured in the 2013 festival really speaks to how the festival is growing.

Quoted

"I'm really thrilled about the lineup. This is just the first of many announcements we're going to be making with regards to the lineup, and I believe it's the strongest we've been able to build from top-to-bottom."

Festival manager Kevin Tobin

"That portion of the programming shows how eclectic the festival is and it's just a reflection of how diverse our audience is," said Tobin. "While some of those artists aren't within the jazz genre, they certainly appeal to the way the festival — and the demographics — have changed with the festival over the last five or six years."

He continued, "We are still first and foremost a jazz festival, but it's cool to be able to present these different styles of music showcasing these Canadian artists."

The festival itself is becoming more recognized amongst musicians, as the SaskTel Saskatchewan Jazz Festival has become known in the industry for its "respectful, but energetic," audiences.

"Like any other product, musicians talk, they talk about their experiences, the quality of the volunteers, the stages, the production, the vibe of the city and I think our festival has a really good reputation — actually a great reputation — for treating musicians right," he said. MORGAN MODJESKI/METRO IN SASKATOON

Mired up in expectation

A woman caked in mud takes part in a presentation during the inauguration of the National Meeting of Rural Women in Brasilia, Brazil, Monday. The four-day event aims to discuss the issues of violence against women and exploitation of women in rural areas.

ERALDO PERES/THE ASSOCIATED PRESS

Russia

Scientists recover meteor fragments

Scientists have found more than 50 tiny fragments of a meteor that exploded over Russia's Ural Mountains, and preliminary tests are turning up information about its contents.

However, local residents seem more interested in the black market value of the fragments. As they search for their own pieces of the meteor, sales offers already are filling the Internet, and police are warning all purchasers to prepare for possible fraud.

The meteor — which injured nearly 1,500 people and caused widespread property damage in Chelyabinsk on Friday — was the largest recorded space rock to hit Earth in more than a century.

THE ASSOCIATED PRESS

Pieces of a meteorite are seen in a lab in Yekaterinburg, Russia on Monday. THE ASSOCIATED PRESS

National police squads bracing for staff cuts

Federal program. Tories turning off $400-million tough-on-crime tap

Opposition

"(The Conservatives) like to snap their suspenders and tell everybody they're a law-and-order government."

NDP Leader Tom Mulcair

The windup of a federal program that was aimed at putting more cops on the street is threatening anti-gang squads and aboriginal police, and could stretch existing police resources across the country, law enforcement officials say.

The Police Officer Recruitment Fund was set up in 2008 with the aim of adding 2,500 more police officers in Canada.

The federal government budgeted $400 million for the fund as part of its tough-on-crime agenda.

Provinces were given the responsibility of deciding how to spend the money and the two most populous received the biggest share, with $156 million going to Ontario and $92.3 million to Quebec.

In Quebec, several regional organized-crime squads were set up as well as Project Eclipse, a Montreal city police unit originally targeting street gangs, which has since had its mandate widened to focus on organized crime. The force's cyber-crime squad has also been beefed up.

That eclipse squad is one of the units fighting a renewal of Mob violence linked to a power struggle in the Montreal Mafia.

Now its future is in doubt, as the program ends in March.

In Alberta, $42.4 million from the fund allowed for the hiring of 83 officers to bolster the Alberta Law Enforcement Response Team, which has targeted gangs, drugs and child exploitation throughout the province since 2006.

Chief Stephen Tanner, president of the Ontario Association of Chiefs of Police, pointed particularly to shortfalls in aboriginal policing, where 11 officers will likely be cut from the 150-strong Nishnawabe-Aski Police Service, one of North America's largest indigenous police departments.

He said pulling about $1 million in police salary from the aboriginal force could actually end up costing $2 million to $3 million if the OPP has to take over. "Fiscally, it doesn't make sense."

THE CANADIAN PRESS

Round-the-world journey ends fatally in Thailand

A British couple's round-the-world cycling odyssey ended in tragedy when both of them were killed in a road accident in Thailand.

Peter Root and Mary Thompson, who had been chronicling their journey in a blog, died Wednesday when they were hit by a pickup truck in a province east of Bangkok, Thai police said Monday.

The couple, both 34 and from Guernsey in the Channel Islands, left Britain in July 2011 and had cycled through Europe, the Middle East, Central Asia and China.

The trip was a once-in-a-lifetime experience for the couple, who met in art school and spent six years saving money and planning their journey, Root's father, Jerry, told The Associated Press in an interview.

"They were both inspirational," Jerry Root said. "They didn't just talk about it, they did it. I couldn't be prouder of them."

He said they were both experienced cyclists who knew the rigours and risks of extended bicycle travel.

"What helps me is to think of how happy they were with each other. They were leading the life they wanted to," he said.

British couple Peter Root and Mary Thompson, both 34, were killed in Thailand last week in a road accident during their round-the-world cycling odyssey.

JERRY ROOT/THE ASSOCIATED PRESS

The couple had been posting photos and details of their trip on the website Two on Four Wheels. They also had many followers on Twitter and Facebook who were tracing their journey, which included a trip through remote parts of Central Asia.

A video they posted from that part of the journey shows them camping in the desert, riding through hills, stopping to swim in rivers and lakes and braving heavy snowstorms. They also cycle through tense situations as armed conflict breaks out during their journey through Tajikistan.

"They never talked about the trip as having a destination or a deadline or a time scale," said Ben Thompson, Mary's brother. "They didn't have firm plans, they had rough ideas. They just loved people. They were always dragging people to the campfire to share a story and a beer and some food."

THE ASSOCIATED PRESS

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Infinite Horizons

Can PS4 inject some life into home-gaming?

Launch rumoured.
New system might steal a bit of thunder back from tablets and smartphones

MICHELLE CASTILLO
Metro World News in London

It's been six years and counting now since the arrival of the PlayStation 3 — pretty much an eternity in tech years — but the wait may be at an end. Will Wednesday be the day that Sony announces PlayStation 4?

While there's yet to be any official word from the company, observers have been busy predicting what the long-awaited new system might be like.

It could feature a new control with touch pad capabilities, they say, like the PS Vita. It could allow more than one user to log in at the same time. It will likely have a more advanced motion support system and be able to stream games and content.

One thing is a fact: PlayStation 4 will represent Sony's attempt to put some interest back into the home gaming market and to quash rivals Nintendo and Microsoft once and for all, especially in the U.S.

"PlayStation 4 could potentially help reignite some interest in the retail console gaming market and top systems, much of the thunder of which has been stolen by smartphones, tablets and alternative gaming devices," said Scott Steinberg, a gaming industry consultant.

Quoted

"They are really angling for (the PS4 to be) a piece of your living room, not only as a gaming device but a digital lifestyle hub."
Scott Steinberg, gaming industry consultant

Telling whoppers on Twitter

Just call it a virtual Big Mac attack. On Monday, Burger King asked Twitter to suspend its account after it was apparently hacked. Starting just after noon Eastern time, the fast-food company's Twitter picture was changed to a McDonald's logo, the background picture changed to McDonald's new Fish McBites and the account tweeted that Burger King had been sold to McDonald's. Burger King hopes to have the account back up soon. THE ASSOCIATED PRESS

Man released following attack on Canadian-owned mining project

A Greek prosecutor ordered the release Monday of a 54-year-old man hours after he was arrested in connection with an attack on a Canadian-owned gold mining operation in which about 40 masked intruders torched machinery and vehicles.

Police had arrested the man for "moral instigation" of the attack due to his contributions to an anti-mining blog. The prosecutor later ordered him released without officially charging him, while also ordering the investigation to continue.

By the numbers

95%

The mining company developing the Skouries project, Hellas Gold, is 95 per cent owned by Vancouver-based Eldorado Gold Inc., and is planning a gold mine and processing plant.

Opposition to the Skouries mining project in northern Greece's Halkidiki peninsula runs deep and the area has seen numerous protests in recent months, some of which have turned violent.

THE ASSOCIATED PRESS

Bombardier. Electric buses to be tested in Montreal

Bombardier's electric transit technology will be tested next winter on buses in Montreal, and then in early 2014 on an urban route used by passengers in the German city of Mannheim.

The transportation giant's Primove technology is designed to allow buses to be charged by underground induction stations when they stop to let passengers hop on and off. Small amounts of energy emitted from an electromagnetic field are used to quickly charge batteries on the bus and propel it to the next power source. That removes the need for lengthy overnight plug-ins, allowing the buses to remain on the road longer.

Bombardier will test the technology in Canada's harsh winter conditions at a special track on Ile-Ste-Helene, the home of Expo 67, in partnership with Hydro-Quebec and an undisclosed bus manufacturer. While Germany will test the system using buses filled with passengers, there are no immediate plans to do so in Canada. THE CANADIAN PRESS

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SHE SAYS...
Jessica Napier
metronews.ca

I am a self-appointed restaurant snob. The establishments I frequent usually don't seat more than 30 diners and are regularly featured on best-of lists. And yet, somehow, I recently found myself at an Olive Garden in upstate New York.

We arrived at 5:55 p.m., an ungodly dinner hour for most urbanites, only to be told that the wait would be an hour and a half. Evidently, this wasn't just THE place to eat in Cheektowaga on a Saturday night. It was also the only place to eat.

Made in America

The walls were lined with black-and-white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off the I-90.

I settled in at the bar, ordered myself a supersized glass of wine and drank in the surroundings — this was my first Olive Garden experience, after all. Between the throngs of cross-border shoppers and teenaged couples, I noticed the walls were lined with black-and-white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off the I-90.

Eventually, we were seated at a table with six extra-wide chairs equipped with wheels, presumably because some people are not physically capable of lifting themselves out of their seats after consuming deep-dish bowls of cheese ravioli. When our eager-to-please server arrived, I noticed that she was wearing a button emblazoned with the word "hospitaliano," a portmanteau describing the chain restaurant's unique brand of fauxtalian friendliness. Overwhelmed with the laminated booklet full of menu options, I asked her what she recommended. The effervescent 20-year-old lived up to her button mantra and told me to order anything I wanted and she'd make it happen.

I couldn't help drawing comparisons to my favourite no-reservations, no-substitutions authentic Italian restaurant in Toronto, where the servers, most of whom look impossibly cool and beautiful, scorn anyone who dares to ask about customizing their meal. It's a sadistic dining experience, in which you as the customer are never right and should feel lucky to even snag a spot in the restaurant. In most cases, that spot is upon an uncomfortable stool positioned so close to fellow diners you'll be elbowed in the ribs constantly while they snap photos of their mason jar tiramisu.

And yet here I was, lounging in a double-wide rolling chair stuffing my face with reasonably priced penne. After 90 minutes, I found it impossible to hold my body up straight and was just one bite of cheesecake away from smearing a greasy bread stick on my seat to help myself slide out.

As I lurched out of the restaurant, the crowds were continuing to stream in. My inner foodie cringed, and yet I had to admit there was a certain appeal. I don't care how sophisticated your palate is: everyone can appreciate a hefty quantity of cheesy carbohydrates for just $11.95 US.

Follow Jessica Napier on Twitter @MetroSheSays

A chain restaurant change. JESSICA NAPIER/METRO

The Truman Show – beach edition

SEAN GALLUP/GETTY IMAGES

Sunny side of winter

Indoor beach lures sun seekers

Without a cloud in the sky, this beach is the perfect place to relax.

The Tropical Islands resort in Krausnick, 60 kilometres south of Berlin, welcomes up to 6,000 visitors a day who are keen to shed their winter wear for bikinis and trunks. Located on the site of a former Soviet air base, the indoor resort occupies a hangar first built to house airships. METRO

Not quite an island

- **Size.** 360 metres long, 210 metres wide and 107 metres tall — New York City's Statue of Liberty could stand inside it, and Paris' Eiffel Tower could lie across it.
- **No sky, no problem for sun seekers.** Special translucent panels in the south side of the roof allow UV light to shine through.
- **Constant temperature inside.** 26 C. Compare to the outside: -20 C.

A Malaysian leisure investment consortium saw life in the old hangar and reopened it as an indoor tropical resort in 2004. SEAN GALLUP/GETTY IMAGES

Metropolitan Panel

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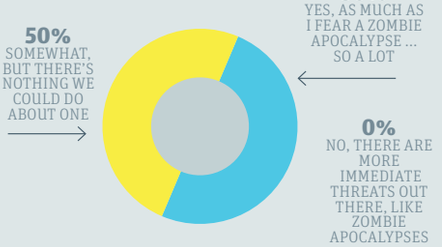
Do you fear a meteor strike?


50%
SOMEWHAT, BUT THERE'S NOTHING WE COULD DO ABOUT ONE
50%
YES, AS MUCH AS I FEAR A ZOMBIE APOCALYPSE ... SO A LOT
0%
NO, THERE ARE MORE IMMEDIATE THREATS OUT THERE, LIKE ZOMBIE APOCALYPSES

Twitter

@V_Mulholland: #yqr Another stormy day forecast. Surely we've met the allowable limit. #enoughalready

@reneexque: It's sad when you try so hard to sleep in and you keep waking up before 8AM..haha // happy family day #yqr

@natashaaf: Waiting at emerg for an X-ray. Thank goodness. Rqhealth has free wifi. iPad saves the day again #yqr

@kathrynstyles3: Attempted to make the drive from #yqr to #yxe and almost immediately turned around. Roads are pure ice. Don't travel unless u have to!

@Rhino_Bob: In the latest in the Senator Pamela Wallin saga it turns out home is where you buy your underwear #skpoli #cdnpoli

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DVD review

Argo

Director. Ben Affleck

Stars. Ben Affleck, Bryan Cranston, John Goodman

Ben Affleck's thriller revisits the 1980 "Canadian Caper" rescue of six U.S. diplomats from Iran and declares it was really a covert American CIA operation all along, one with Tinseltown glitter and car chases. Argo tells this whopper of a tale with style, wit and a level of excitement designed for Oscar and succeeds, picking up seven nominations, including best picture. Does it matter that Affleck's movie, based on Chris Terrio's script, bears about as much resemblance to the real story as a red Twizzler does to a strawberry? Perhaps not, if the crunch of your popcorn can drown out the sound of discarded facts swirling the drain, as so often happens when Hollywood meets history. Despite these and other criticisms — the film is chock full of stereotypes and clichés — Argo is undeniably entertaining. Extras include a director's commentary and several making-of featurettes.

PETER HOWELL

Four eligible bachelors compete to win the affection of one woman through wining, dining and adventurous dates. HANDOUT

Don't make these big date mistakes

Courting with class. Come Date With Me's Wilder Weir offers some basic etiquette tips for meet-ups

Wilder Weir, host of Oh So Cosmo and an eligible bachelor on the upcoming W Network series, Come Date With Me, gives the male take on some of the biggest mistakes women make on a first date, or on dates in general.

Texting/constantly checking her smartphone

Going on a date can be an insecure situation for anyone. Nowadays when things get awkward or scary, human nature is to bury your head into your phone like a petrified ostrich. In order to escape reality people will re-check empty email inboxes or scroll through hundreds of sepia-toned "selfie" pictures on Instagram, but on a date put your phone away for a few hours! Nothing says "this date is boring" like checking your Facebook between sips of wine at a dinner table. Unless you're sending out a mass emergency text about your location details because you suddenly realize you recognize your date from an episode of America's Most Wanted and are worried your face is going to end up on the side of a milk carton, put down your phone. I don't care if you feel uncomfortable and are one awkward silence away from trying to get to the last level of angry birds, you're being rude. So, please, don't text a real time play-by-play of your date to your best friend — save it for later.

Talking about an ex

No matter how secure your date is, he doesn't want to hear about your ex-boyfriend who was A) a doctor B) a professional athlete or C) worked with kids. File this idea within the first five dates, under "U" for useless information. Talking about an ex will only create more questions that you likely don't want to answer or possibly make your date bored. Don't get me wrong, I know this is sometimes hard to do, especially fresh out of an old relationship because that person you broke up with was a big part of your life. However, bragging about your ex will only make him wonder why he broke up with you in the first place. Trust me, the only thing I want to hear about your ex is summed up perfectly by Taylor Swift: "We are never ever ever getting back together."

Watch it

Come Date With Me, which sees four men or women compete for the heart of an eligible bachelor or bachelorette, premieres Wednesday night on W Network.

Too many drinks

All of this advice can apply to men and women on dates, but this is particularly good advice for both sexes. Yes, drinking may make you feel temporarily invincible, but one too many and the next thing you know you're acting out your favourite temper tantrum from Toddlers in Tiara's and turning yourself into a sexual Hiroshima.

METRO

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The Word

Fertile Fergie fesses up to having lovely baby bump

THE WORD
Dorothy Robinson
scene@metronews.ca

Fergie has some new, growing lovely lady lumps — it was announced yesterday via Josh Duhamel's Twitter that the couple are expecting.

"Fergie and Me and BABY makes three," he wrote. Fergie, 37, followed suit: "Josh and me and BABY makes three!!!" she tweeted, with the hashtag #mylovelybabybump.

Duhamel has been talking about fatherhood for a while. "It'll happen," he told USA TODAY while promoting his new film, Safe Haven. "It's happening.

But every three months she's pregnant (in the press). If she gets a little paunch everyone thinks she's pregnant. It's like well thanks, they're basically calling you fat.

"But like my mom said, well, if she's been pregnant as long as everyone says that she is, well then we're going to have a baby elephant. We're on our own schedule with that."

Supportive stars Shielded Brooke from the bad side of the biz

Brooke Shields knows why she succeeded in staying on the straight and narrow as a child star while so many like her were led astray. "I would get invited to Studio 54, but I'd leave before all the craziness and drugs happened," she says in an interview with Haute Living magazine. "I never saw the bag passed around. Andy Warhol and all those guys were very sweet to me. There was something about me that they wanted to protect and uphold."

Brooke Shields GETTY IMAGES

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News worth sharing.

YOU COULD WIN A CONCERT DATE WITH BIEBER!
METRO "BELIEBES" IN LOVE!
Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:
1. Take a photo of yourself with the "I Beliebe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!
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No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Beiber (approximate retail value of $5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12,00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).

metro
RRSP GUIDE
Tuesday, February 19, 2013

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, and how much you are willing to set aside. ISTOCKPHOTO/THINKSTOCK

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The earlier you save, the better

Rule of thumb. Try to put 10 per cent of annual income towards retirement

PAULINE ANDERSON
For Metro

If you are like many young people today, you aren't thinking much about retirement — it just seems so far away. But, increasingly, the onus is on you to look out for your future. And the earlier, the better.

A good rule of thumb is, if you are just starting out in the job market, say in your 20s, try to set aside 10 per cent of your annual income towards retirement, says Sue Neal, regional director, Investors Group, Toronto Downtown. "This will create the exercise, or the habit, of putting away a portion of your pay and not spending it."

Those in the above category, take note: Surveys show that baby boomers who are now hitting retirement age report that if they had to do it all over again, they would have started saving much earlier. As it stands, a "sizable" number of them don't start stashing away money until about a decade before they aim to retire, Neal says.

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, how much you are willing to set aside, and your "risk tolerance," or the amount of investment movement you find acceptable, Neal says.

"We come up with a formula, factoring in inflation, which is often the confusing part when you do it on your own. We can tell you that when you're this age, you will need this much money, and you need to invest in this, and to put this much money into it."

Saving for retirement is becoming increasingly important since fewer employees have defined benefit pension plans, says Lee Helkie, a partner at Helkie Financial and Insurance Services. "We see people working into their 70s, out of necessity, not because it's a hobby."

It's a tough time right now, and people have to be serious about buckling down and staying the course when it comes to contributing to a retirement plan.

"It's possible to do it, but you've got to get on it," Helkie says. And if you can't, or won't, you may have to either retire on less or work longer, she says.

Savings for retirement

$1 million

If you think you will need $40,000 per year when you retire, bank on having $1 million saved (that's right, one million), and if you can get by on only $30,000, you will still need $750,000, says Lee Helkie, a partner at Helkie Financial and Insurance Services. That's just "raw math," assuming you retire at 65 and live until 90. However, it's not accounting for inflation and other factors, Helkie says.

When saving for your retirement, seek out a financial adviser who can look at the big picture. ISTOCKPHOTO/THINKSTOCK

Advisers can answer questions

KRISTA SYLVESTER
For Metro

Every year around this time financial planners are bombarded with clients asking questions about RRSPs — how much should they contribute, should they pay down their mortgage or invest in RRSPs?

Financial adviser Joe Lee-Owe, president of McClary Financial in Calgary, says there is a broad spectrum of clients, ranging from those who maximize their RRSPs and those who don't. He says while there are no easy answers when it comes to RRSPs, he recommends people seek guidance from an adviser who is looking at the big picture.

"It depends on total taxable income, current tax deductions, marginal tax rates, long-term employment plans and retirement goals," Lee-Owe says. "The amounts and strategies vary for each individual and household."

Lee-Owe generally starts by advising clients on how much they should direct to savings in general, and from there determine where the savings should be placed, whether it be a tax-free savings account, open a non-registered account or RRSPs.

Lundgren & Young Insurance financial adviser Robert Eagleson says, generally, the higher the income, the more benefits people will receive from RRSP contributions.

"I read today that Calgarians contribute more than the average, which is not surprising as this is a fairly affluent city," he adds.

How much Canadians need generally depends on how much they make. For example, someone earning $80,000 per year who wants to retire with 75 per cent of their income would need to do the math and calculate the lump sum they would need at retirement given the variables.

But Eagleson says most people need to plan to retire with $1 million — a sum he thinks anyone will need to retire comfortably.

However, even though there are tax benefits to RRSPs and retirement savings benefits, it is possible to contribute too much, according to Lee-Owe.

"I have come across many clients well into their retirement that have contributed too much money in their RRSP's," he says, adding it could become subject to a steep tax rate if the RRSPs don't get spent.

Numbers and facts

- The government started RRSPs in 1957 to encourage Canadians to save for retirement.
- 5,956,010 — number of Canadians who contributed to an RRSP in 2010.
- More than five per cent of Canadians did not make an RRSP contribution in 2012.

Dividing assets when you split up

"Till death do us part" sounds great in theory, but what happens to those coveted RRSPs when you — dare we say — divorce?

Divorce is extremely difficult in the best of times, but it can get even more complicated when you factor in finances, investments and RRSPs, which is why it's important to arm yourself with knowledge.

Jacques de Muelenaere, a financial planner with Winnipeg's Millstone Financial, says RRSPs are treated much in the same way all assets will be treated in a divorce, and RRSPs can be divided.

"A divorce settlement can be a long and drawn out process, but once settled both parties will be bound by it," he explains. "Whether they agree or not doesn't change the terms of the settlement."

De Muelenaere says RRSPs don't receive any special attention during a divorce, but it might make sense for the partner without a pension to request the RRSPs. Often, one person will end up with a portion or bulk of the "family" RRSP, but the process can get complicated and industry insiders, including divorce lawyers, don't typically make the recommendation to split the funds.

"Every situation is unique and a financial planner can help with these decisions," he says. "But, ultimately, it will come down to being part of an overall strategy to split the assets in a fair way."

Once the divorce is settled, any amount that needs to be transferred from one spouse's RRSP account to the other is completed with the help of a Canada Revenue Agency tax form. It's important to know that dividing the funds as a result of divorce won't create a tax issue, but withdrawing the funds from the RRSP without the help of a Canada Revenue Agency tax form can create issues.

"This ensures that the money is kept sheltered in the transfer and doesn't trigger any taxes when it leaves the other account. Whether the RRSP is in a spousal account is irrelevant for this process."

Divorcing couples will ultimately have to decide what is more important to them when dividing assets. Would they rather have the family home, or the future retirement nest? Each couple will have to decide that for themselves.

KRISTA SYLVESTER

Divorce can complicate matters when you factor in finances, investments, and RRSPs. MARIA TEIJEIRO/PHOTODISC/THINKSTOCK

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A good day to workout hard

Jai Courtney. Actor who plays Bruce Willis' son in new Die Hard instalment talks to Metro about the movie that made him buff

ROMINA MCGUINNESS
Metro World News

Jai Courtney says while he had to get fit for his role in the new Die Hard, he loves beer and pizza too much to take the gym too seriously. SUBMITTED

Courtney suffered a self-inflicted injury on set. HANDOUT

You totally upstage Bruce Willis in this movie. How does he feel about that? He must be mad, no?
Oh gosh! I don't know. You might have to ask him.

I'm not speaking to him. You can tell me.
He's the star. I will always respect that. I certainly have no intention of upstaging him.

Did you and Bruce train together? Did he teach you any good moves?
I learned a lot from him. But Bruce has a lot to think about. He didn't have time to worry about coaching me. There are a lot of people, who are paid a lot of money, standing around to do that.

There's a lot of running and jumping out of windows — I tried counting the amount of cars you guys crashed...
Do you want to know the amount?

Sure.
108.

And how many of those did you crash?
A couple. It was an epic car chase.

Did you have to get in shape for the role?
A little bit. It made sense to. I'm not a gym junkie. I've had to get in shape for a few gigs and I enjoy having to do that.

Was that for your role as the gladiator Varro in the TV series Spartacus?
Yeah. I've never done training like that since. It was the closest thing to torture I'll ever experience. It was a great challenge. There was more pressure then because I was basically in my underwear, all day, every day.

So you had to look good...
Exactly. And there's no better motivation than 30 ripped up guys around you as a means to work hard.

Did you do anything specific in terms of your diet and exercise for Die Hard?
Embarrassingly, I've always approached working out a little bit casually. I'm a bit of a wuss when it comes to that sort of stuff. You just have to cut the carbs and hit the gym a little. I was doing a lot of low impact cardio — like walking and jogging. I'd go first thing in the morning — before having anything to eat. It starts up your body engine and speeds up your metabolism. I did a little bit of weight work. But ever since Spartacus, I've not worked with a trainer. I don't want to be pushed that hard. I'm too fond of beer and pizza to live my life by that kind of code.

Which of the stunts did you do?
We did pieces of just about everything. But it's unfair not to credit the 20 to 30 doubles and stunt coordinators that help make them look really cool.

So did you actually do anything?
Absolutely. We're jumping out windows, crashing the vehicles and getting into fights — the debris tube, flying down that thing. But insurance companies would have something to say if we tried to attempt it all ourselves.

Did you get any injuries on set?
None that I have any cool stories about. The only injury I got — and it was self inflicted — there's a moment in the car chase when I punch the steering wheel ... and I shredded my knuckles on the Mercedes-Benz badge.

There is a lot of punching, not just from you. Did you guys have punching training?
There are a few punches going around. All that stuff is choreographed — it's like learning a dance. The steering wheel one was kind of stupid.

Did you punch it — for real?
I punched the sh— out of it. Our director, John Moore, was trying to get me worked up because that's cutting in a moment when Jack is hugely frustrated with his father. He was like, 'Feel free to punch the wheel.' So I went for it. I remember looking at the Mercedes sign and seeing chunks of my skin in it. It hurt.

Willis is on his fifth Die Hard — this is your first. What tips did he give you for being the perfect John McClane Junior?
He didn't give me any tips. The kind of knowledge and wisdom that he passed on to me was more organic. I just learned a lot from working with the guy. It wasn't, 'Come here boy, let me show you how to do it.'

You fought Tom Cruise in Jack Reacher and lost. Could you take him in real life?
I'd give it a red hot go! He's pretty skilled, man. Who knows.

He's skilled, but he's so tiny!
That doesn't always equate to winning a match. What do they say? 'It's not the size of the dog in the fight, it's the size of the fight in the dog.'

So could you win?
I don't know. Maybe we can go toe-to-toe again sometime.

You were a kid when the original Die Hard movie came out. Which movie is your favourite?
Number 1. Not only is it the introduction to this iconic franchise, it's a quintessential action film. Great villains. It set up this convention of wisecracking humour balanced with epic action. And introduced this everyman we've come to love — John McClane.

Willis' catchphrase: I have trouble pronouncing it: yippee ki-yay.
You can't say Yippee ki-yay!!??...

How come you don't have a catchphrase? Make one up now.
I have no idea. I'll leave it to the professionals. We'll see whether something comes up if I get to reprise the role…

Best Health

Whiten your teeth with care

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the March/April issue of Best Health magazine, on newsstands now, writer Lisa Bendall looks into the various teeth-whitening products available at the drugstore and your dentist's office. Here's a snapshot:

The products you leave on your teeth for five, 20 or 30 minutes — the strips and gel trays, for example — are designed to restore teeth's enamel by removing dirt and debris. These products all contain hydrogen peroxide, which releases oxygen molecules in your mouth that react chemically with staining materials and lift them off.

But the strength of the hydrogen peroxide varies widely depending on the product: It's typically from three to 15 per cent in drugstore products, and anywhere from 15 to almost 40 per cent at the dental office. So, can it immediately damage the tooth's enamel?

That's a myth. According to North Vancouver dentist Dr. Bruce Ward, "There's no evidence of damage in the short-term."

It's not yet known whether extreme or long-term use can cause harm. And homemade whitening formulas made with lemon juice, baking soda or crushed strawberries are not a good idea as they bathe teeth in acid.

"You could end up with more sensitive teeth, and lose some tooth structure," says Ward.

For more info about how various products work, see the March/April issue of Best Health magazine, now on newsstand–or check out our new iPad edition! **TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.**

While safe in the short-term, no one knows if tooth-whitening products cause harm in the long run. ISTOCK

Get saucy to your liking with Salmon Teriyaki

ROSE REISMAN
for more, visit
rosereisman.com

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This is the number one choice for clients of my catering company.

As an alternative, grill the fish and serve the sauce separately. Use the sauce over chicken as well.

Ingredients

- 1/4 cup packed brown sugar
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- four 4-oz portions skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and spray with cooking oil.

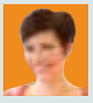
2. Whisk the brown sugar, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook over medium heat until thickened and smooth. Remove from the heat.

3. Place the salmon, skin-side down, on the prepared baking sheet. Spoon half the sauce over the salmon. Sprinkle with sesame seeds. Bake in the centre of the oven for 10 minutes per inch thickness of fish, or until the fish flakes easily when pierced with a fork.

4. Garnish with cilantro and sesame seeds and serve with the remaining sauce on the side. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

The truth about Vitamin D



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This month, anyone who lives north of sunny Atlanta is sunshine starved and therefore Vitamin D deficient. So, unless you have plans to fly south soon, you had better have a backup plan.

Milk (and some brands of milk products, like yogurt) are Vitamin D fortified.

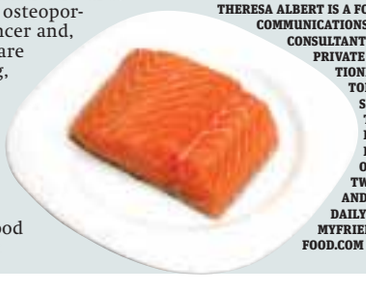
But, the amounts aren't high enough to ensure you are topped up to a protective level to prevent osteoporosis, cancer and, studies are showing, many other chronic illnesses.

Here are some good sources:

1. Salmon
2. Cod liver oil
3. Liver
4. Eggs
5. Caviar
6. Greek caviar dip taramosalata

Keep in mind that enjoying all of these foods each day nets you only about half of the recommended amounts: two glasses of milk, a serving of salmon and an egg a day.

Get as much as you can from your plate and glass but remember Vitamin D is one of those nutrients you may want to consider supplementing — or flying south to get!



THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dinner. Braised Chicken And Chinese Broccoli

For a meal idea that is quick and easy to prepare, try this Braised Chicken Thighs with Chinese Broccoli recipe.

The tangy sauce paired with the crisp Chinese broccoli adds excitement to a usual dinner staple that will easily become a new family favourite.

Also, any green vegetable like swiss chard, broccoli, asparagus, sautéed zucchini or spinach makes a great side dish for this chicken

Ingredients

Prep time: 5 minutes
Cooking time: 30 minutes

- 1 tsp (5 ml) vegetable oil
- 8-9 chicken thighs, skin-on, bone-in (about 4 lb/2 kg)
- 3 cups (750 ml) finely sliced brown mushrooms
- 1 jar (355 ml) VH Szechuan Stir-Fry Sauce or the General Tao Stir-Fry Sauce
- 1 lb (500 g) Chinese broccoli

1. Heat oil in Dutch oven or large saucepan over medium-high heat. Brown chicken on both sides, about 8 minutes total. Remove chicken and set aside.

2. Add mushrooms to pan and cook over high heat until lightly browned, about 4 minutes. Place chicken in pan with the Stir-Fry Sauce and 1 cup (250 ml) water; cover and simmer over low heat until chicken is no longer pink inside, about 12 minutes.

3. Meanwhile, in a large pot of lightly salted boiling water, cook broccoli until tender, about 8 minutes. Drain broccoli and serve alongside chicken once it is ready.

NEWS CANADA/ VH SAUCE

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Canada: The cyber-shopping juggernaut

Alison on Money.
After years of growth, is online shopping the new norm?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Canadians are cyber-shopping obsessed. According to a June 2012 MasterCard Spending Pulse Report, e-commerce grew by an astounding 24.9 per cent in the first six months of 2012 compared to the same period in 2011. At the same time the general economy grew a modest 2.2 per cent.

My own shopping habits have fallen in line with the statistic. In the past year, I've ordered everything from fresh roasted organic coffee to vegetables, supplies for my horses and wine.

Cyber shopping is a trend that was widely predicted before the dotcom crash of 2000. The old economy, bricks and mortar, was going to wither away and be replaced by new economy, Internet-based businesses.

But it didn't happen. At least not then. However, change sneaks up on you, and makes itself evident with a big bang. The seemingly overnight disappearance of video stores comes to mind. And once golden Best Buy suddenly became the place for window shoppers who then beetled on home to buy online.

The Best Buy experience proves the point that many consumers still like to see an actual physical specimen, especially with big-ticket items. Internet research and marketing company WWW Metrics notes that retailers with both a physical and online presence saw high dollar item growth of 23 per cent last year while online-only retailers reported nine per cent. It's hardly surprising. Who wants to shell out a large sum when you can't kick the tires? I recently priced gazebos online, but didn't want to pay $4,500 sight unseen. I finally chose a local company, which had sample products assembled for viewing.

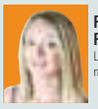
Consumers still like to see a physical product. Research shows retailers with both a physical and online presence saw incredible growth. ISTOCK IMAGES

Selling such big-ticket items is likely the next retail challenge. Large chains like Sears and the Brick have gone one way by rolling out smaller stores specializing in beds and appliances. Lowes and Home Depot have taken a different route, offering a limited physical array in categories such as carpeting, kitchen and bathrooms with far more product available through special order or online only.

Ironically booming e-commerce may make the biggest bricks and mortar chain of all, Walmart, even more dominant thanks to its already strong Internet presence.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

The season for saving



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

If you haven't already noticed from all the chipper television commercials lately, it's Registered Retirement Savings Program (RRSP) season! Now is the time to rush to your financial advisor's office and make a contribution for the 2012 tax year.

What's the big rush? Each year you have until March 1 to contribute to your RRSP and have it count toward the previous tax year.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

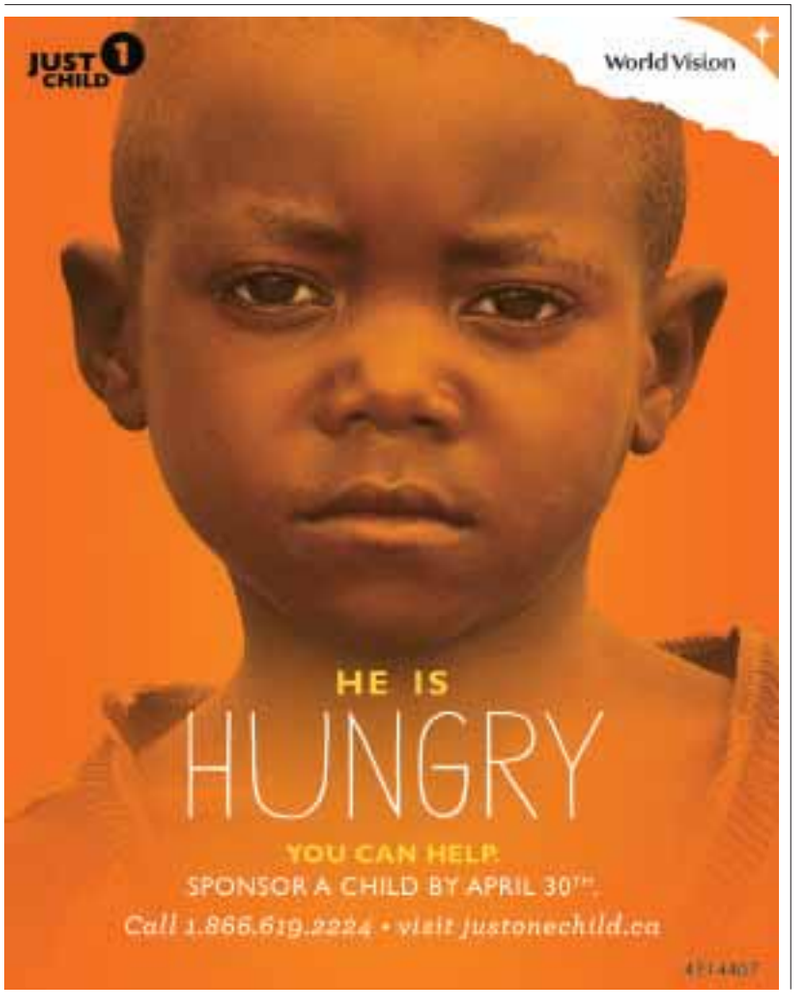
And, the benefits of contributing to an RRSP don't stop there.

The law of reinvested returns states that more money grows larger and faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

If you're over the age of 18 and have current government issued identification, you can open an RRSP account through your local bank or financial advisor. Often times employers will provide RRSPs or an equivalent tax-advantaged retirement savings program. Once your account is opened, individuals can contribute up to 18 per cent of their income, up to $22,970 for tax year 2012, and the limit can sometimes vary depending on your pension program at work . If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

For most young people, contributing the maximum is nearly impossible. But, don't fret. Build RRSP savings over the long term by contributing regularly on pay-day and increasing your contributions annually until you reach your maximum limits. Sometimes employer retirement savings programs will even have a matching component.

So sign up and take advantage of free money!



One bite, two bites, but never, ever more. ISTOCK IMAGES

We're not filling up on appetizers

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Mr. Butler:
I don't understand why people serve appetizers before dinner. I find that it generally either fills me up or my guests just eat them and then don't appreciate the dinner I made for them. What's the point and what are the guidelines?

Now in my opinion most hosts confuse a cocktail party from the cocktail hour.

First, the "cocktail hour" before a sit-down dinner is not supposed to be a long event. Ideally, 30 to 40 minutes.

But since in most cases alcohol is being served so that your guests don't get drunk on an empty stomach prior to dinner, serving a small amount of food is a very good idea. This keeps both your stomach happy and whets your appetite in anticipation for dinner.

A cocktail party has no "sit-down" meal portion, so serving plenty of appetizers throughout the entire time guests are at your house drinking alcohol is appropriate and very necessary.

Remember we always need to serve food when serving alcohol. But the difference here is that since we don't have dinner, the appetizers are the meal being served, thus a great quantity is needed.

But remember, no matter what, appetizers should be one bite, maximum two, NEVER MORE!

The larger the appetizer the harder it is for people to eat, and this makes people both uncomfortable and often avoid a particular food item as they are afraid to make fools or a mess of themselves in the middle of your living room.

WWCFL

Riot training camp gets underway

The Regina Riot's season may not start until May 5, but they are wasting no time getting in shape for this summer.

On Monday the Riot held a training camp at the Credit Union Eventplex. Approximately 30 Riot veterans and 20 rookies in full equipment began their conditioning for the season, including some contact drills. Guest line coaches form the Saskatchewan Roughriders were also in attendance.

The camp is well timed as currently seven Riot players are trying to make the final cut for the Canada Women's Tackle Team, which will be travelling to Helsinki Finland in June for World Championships.

METRO

NBA

Buss dead at 80

Jerry Buss, the Los Angeles Lakers' playboy owner who shepherded the NBA team to 10 championships from the Showtime dynasty of the 1980s to the Kobe Bryant era, died Monday. He was 80.

He died at Cedars-Sinai Medical Center in Los Angeles, said Bob Steiner, his assistant.

Buss had been in hospital for most of the past 18 months undergoing cancer treatment, but the immediate cause of death was kidney failure, Steiner said.

THE ASSOCIATED PRESS

Jerry Buss THE ASSOCIATED PRESS FILE

Flyers forward Danny Briere, left, watches his shot slide past Islanders defender Mark Streit and goalie Evgeni Nabokov with Philadelphia's Mike Knuble screening on Monday in Uniondale, N.Y. The Flyers defeated the Islanders 7-0. SETH WENIG/THE ASSOCIATED PRESS

Giroux helps Flyers right ship vs. Islanders

NHL. New captain combines with Voracek, Read to ease Philly's road-trip woes

Claude Giroux had seen enough once the Philadelphia Flyers absorbed a one-sided defeat to Montreal in the midst of an already tough trip.

The new captain met with his club for a few minutes Saturday and told his teammates the effort and production weren't good enough from anyone — including himself.

The message wasn't kept behind closed doors. Giroux made a public declaration that things had to change quickly. In his first chance to put his words into action, Giroux led by brilliant example.

He scored 26 seconds into Monday's matinee against the New York Islanders and added a goal and assist in the second period of the Flyers' 7-0 win.

Giroux combined with linemates Matt Read and Jake Voracek for three goals and 10 points as Philadelphia (7-9-1) earned just its third road win in 12 away games this season.

"We played with attitude. High intensity, and played as a team," Giroux said. "That's how we have to play — a full 60 minutes. We didn't let down and we wanted to win. I think it showed."

Read had a goal and two assists and Voracek had a career-high four assists. Ilya Bryzgalov made 19 saves for his first shutout of the season and 30th in the NHL.

Giroux led from the opening shift that included a hit on Islanders star John Tavares before starting the scoring. He hadn't scored in seven games and netted only one goal in 14 after posting a goal in each of Philadelphia's first two games.

"When you're a young guy and you become captain, it's a pretty heavy weight sometimes," veteran forward Mike Knuble said. "A lot of the extra things that go along with being captain maybe drag you down a little bit and maybe make you feel like you're playing with a lot on your back.

"You could tell that he got something out of his system and was playing like the point-per-game guy that he is."

THE ASSOCIATED PRESS

On Monday

Flyers	Islanders
7	0

Elsewhere on Monday

- **Senators 2, Devils 1.** Jakob Silfverberg beat Martin Brodeur to his stick side in the shootout and goalie Ben Bishop turned aside 30 shots for his first victory of the season, giving the Ottawa Senators a 2-1 win over the New Jersey Devils on Monday.
- **Avs 6, Predators 5.** Paul Stastny and Jamie McGinn scored 13 seconds apart in the second period and Colorado snapped a nine-game losing streak against Nashville. Shea Weber scored with 1:18 left to make it a one-goal game, the only score of the final period.

THE ASSOCIATED PRESS

Mother of slain model wants answers

The family of Oscar Pistorius' slain girlfriend wants answers, her mother told a Johannesburg newspaper, as South Africans braced to hear why prosecutors believe a national hero murdered the model who was shot multiple times.

June Steenkamp, Reeva Steenkamp's mother, told The Times in a front-page interview published Monday: "Why? Why my little girl? Why did this happen? Why did he do this?"

"Just like that she is gone," the newspaper quoted her as saying in what it described as an emotional telephone interview. "In the blink of an eye and a single breath, the most beautiful person who ever lived is no longer here."

Pistorius, who remains in custody in a red-brick, one-storey police station in Pretoria, is set to return to court Tuesday for the start of his bail hearing. It will be the first opportunity for the prosecution to describe evidence police gathered against the 26-year-old double-amputee runner and the reasons why he was charged with murder. Prosecutors allege the killing was premeditated.

Pistorius's family denies he committed murder though they have not addressed whether he shot her. When word first emerged about the killing there was speculation in the local media that Steenkamp had been mistaken for an intruder in Pistorius's home. Police have said that was not something they were considering.

While Pistorius goes to court, Steenkamp's funeral will also be held Tuesday in her hometown of Port Elizabeth on South Africa's southern coast, her family said. It is to be a private ceremony at a local crematorium, closed to the public and media.

"We're just taking things one day at a time," Reeva Steenkamp's brother Adam Steenkamp said outside the family home. "But at the moment it's family coming together and the one person who would be the strongest, who held us all together, is unfortunately not here anymore — and that's my sister."

A 29-year-old model, law graduate and reality TV contestant, Reeva Steenkamp died last week of multiple gunshot wounds inside Pistorius's upscale house in a gated community in the eastern suburbs of the capital, Pretoria.

THE ASSOCIATED PRESS

Oscar Pistorius remains in police custody following the death of his girlfriend, Reeva Steenkamp.
THE ASSOCIATED PRESS FILE

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Your duties and chores may be restricting you to one place but don't let it stop you from looking further ahead. Start making plans now. The day when you can do something with them may not be far away.

Taurus
April 21 - May 21
As an Earth sign, you usually stick with the same old routines but if you try something different today, the element of surprise could work in your favour. You may even surprise yourself by how much you enjoy it.

Gemini
May 22 - June 21
The next few days will be hugely important for those Geminis who want to move up in the world. The Sun in the career area of your chart is on your side. Only fear of success can hold you back.

Cancer
June 22 - July 23
Someone needs your support today. You may not entirely approve of the choices they have made but you will be there for them nonetheless. You may even be secretly impressed that they refuse to follow the herd.

Leo
July 24 - Aug. 23
If you can't make others understand what you are trying to explain, don't worry about it. This is one of those times when everyone is likely to get things mixed up, but it will all make sense in the end.

Virgo
Aug. 24 - Sept. 23
You might as well be more tolerant today because partners and loved ones will do their own thing whether or not you approve. In fact, if they know you object they may take delight in doing it all the more.

Libra
Sept. 24 - Oct. 23
Resist the urge to interfere in other people's private affairs today. If you stick your nose where it isn't asked for and isn't wanted, you could find that you do unite the warring factions — against you!

Scorpio
Oct. 24 - Nov. 22
It seems you are missing one final piece of a puzzle that has been annoying you and you may find it today. When you do, don't be surprised if the picture looks different than what you expected.

Sagittarius
Nov. 23 - Dec. 21
The Sun in Pisces at this time of year makes loved ones a bit sensitive, especially to criticism, so keep your Sagittarian habit of calling it as you see it under control. You don't always have to tell the truth.

Capricorn
Dec. 22 - Jan. 20
Honesty is always the best policy — but it cuts both ways. If someone says something you disagree with today, you should look at their remarks closely before you hit back. Maybe there's some truth to them.

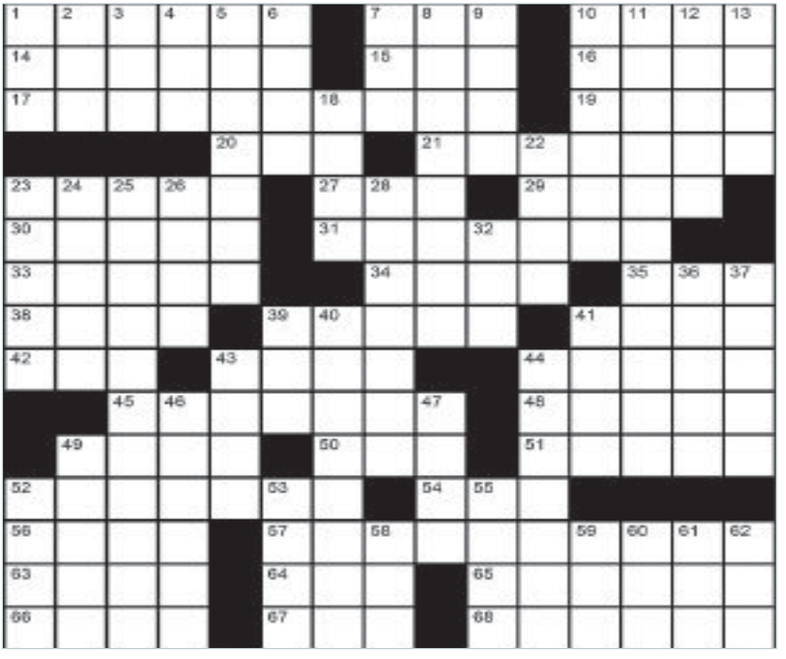
Aquarius
Jan. 21 - Feb. 19
For some strange reason almost everyone you meet lately wants to be helpful, to do you favours. Should you take advantage of the situation? You most certainly should! It may be a long time before you are this popular again.

Pisces
Feb. 20 - March 20
Even if you are not a particularly ambitious Piscean, the Sun's journey through your sign over the next few weeks will ignite your desire to make something of yourself. Bigger and better things await you.

SALLY BROMPTON

Crossword: Canada Across and Down

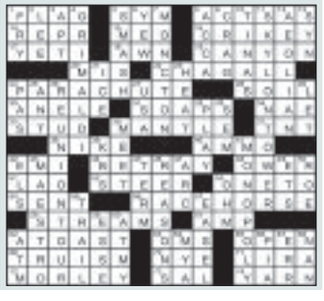
BY KELLY ANN BUCHANAN



Across
1. Canadian star of "Grey's Anatomy", __ Oh
7. Typing-efficiency meas.
10. Briefly get ready
14. Hawaiian greetings
15. "__-haw!"
16. Lively circle dance
17. Ottawa's __ Buildings
19. Departed one's bio
20. Compass dir.
21. Anne Hathaway's Oscar-nominated role in "Les Miserables"
23. Early-'80s Tom Hanks sitcom, "__ Buddies"
27. MLB's Diamondbacks, on scoreboards
29. 'Chamel' completers
30. Prefix to 'violet'
31. Most profound
33. Oscar-winner Sophia
34. Happy
35. Clock's li'l time segments
38. "The Brady Bunch" son
39. Cram
41. Laboratory bottle
42. Summer clock setting [acronym]
43. Don't pass
44. "__ bleu!"
45. "Oh What a Feeling" band
48. Signed, as a deal
49. Norse thunder god
50. Period
51. Tavern orders
52. What $20 bills are made of
54. Sault __. Marie, Ontario
56. 'Hypn' suffix
57. RRRoll Up the Rim to Win chain: 2 wds.
63. Same: French
64. Wee weekday
65. Greek Myth: Muse of astronomy
66. Some punk music fans
67. 'Enthusi' ender
68. High school in "Grease" (1978)

Down
1. Exhaust
2. Birmingham's li'l state
3. Agatha Christie novel, _ __ M?
4. FedEx rival
5. Dustin Hoffman/Tom Cruise Oscar-winning film: 2 wds.
6. Wise __ owl: 2 wds.
7. X's spelled-out follower
8. Montreal Neurological Institute founder, Dr. Wilder __
9. Prefix to 'morphosis'
10. Pics
11. Canadian actor Alan's singer/songwriter son: 2 wds.
12. "Happy Days" actress Ms. Moran's
13. Cracker topping
18. Honey drink
22. Require
23. WWII's Battle of the __
24. "_ ___..." (Prayer opener)
25. Celeb's long ride to the Oscars?: 2 wds.
26. Portland, __.
28. Frequent customer
32. Salary
36. More unique
37. Toboggans
39. Viewed
40. Captain James T. Kirk ...the 'T.' stands for what?
41. Weather __ (Barn topper)
43. Shape
44. "Mimi on the Beach" singer
46. Posh cars, Rolls-__
47. Foolhardy
49. Symbolic pole
52. Apple or pear, in botany
5. "At Last" singer Ms. James
55. __ of duty
58. "How I __ Your Mother"
59. Small amount
60. U2 song
61. Nothing
62. Pizzeria owner in "Do the Right Thing" (1989)"

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6	9	2		4	3	7	
3	4						9	5
		6	8		2	5		
	1			4			3	
		4	9		1	2		
9	7						5	4
	2	1	5		9	8	6	

Friday's Sudoku

9	1	5	7	6	3	2	4	8
7	3	2	8	1	4	6	9	5
6	8	4	2	5	9	7	1	3
4	7	8	6	9	1	3	5	2
1	2	3	5	7	8	9	6	4
5	6	9	3	4	2	8	7	1
2	9	6	4	3	5	1	8	7
3	4	1	9	8	7	5	2	6
8	5	7	1	2	6	4	3	9

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